said pair of opposite surfaces of said mounting plate alternatively engageable to the one of the upper and the lower surfaces of the structure to engage said raceway in one of two positions, said two positions including a first position wherein said raceway extends above the upper surface and a second position wherein said raceway extends beneath the lower surface; and

a locking element engagable to said slot for detachably engaging said mounting plate to the one of the upper and the lower surfaces of the structure.

46.   The assembly of claim 45 wherein said locking element includes a locking lever, said locking lever movable between a locked position for quickly engaging said raceway to the structure and a released position for quickly releasing said raceway from the structure.

47.   The assembly of claim 46 wherein said locking element further includes

a stud defining a first axis along a length of said stud and having a threaded first end, an opposite second end and a shoulder between said first end and said second end, said first end insertable through said slot to engage a threaded hole in the surface of the structure, and said shoulder sized to fit snugly within said slot, and

a core having a rounded outer surface and defining a thru-hole for receiving said second end of said stud and means for fixing said second end within said thru-hole, said core defining a second axis perpendicular to said first axis; and

wherein said locking lever has a handle portion and a rounded camming portion, said camming portion including

a chamber for rotatably housing said core,

a wall defining a groove therethrough in communication with said chamber for receiving said second end of said stud when said stud is engaged to said core and said core is housed in said chamber, said wall defining a contoured camming surface surrounding one end of said groove;

whereby said locking lever is rotatable about said second axis of said core between said released position to said locked position with the camming surface bearing against one of said